



COOKING FOR CLIMATE

Young urban trainees from four schools or enterprises of cook vocational training present with this booklet our contribution to a simple way of helping to preserve the resources of our planet.

Traditional and new recipes from

Tallinn – Estonia

Espoo – Finland

Rouen – France

Berlin – Germany

present a modern and healthy style in kitchen and show us, how to create a variety of plates with regional and seasonal products.







Healthy trends in kitchen – organic and sustainable aspects in food

COOKING FOR CLIMATE

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Products from the region

Buy food from your region and support your local farmers and traders

Regional food is more fresh and healthy, cause of less destruction of light sensitive vitamins

Regional food transports regional culture and traditions, which demands are permanently increasing

Be in contact with the producer





Products from the season

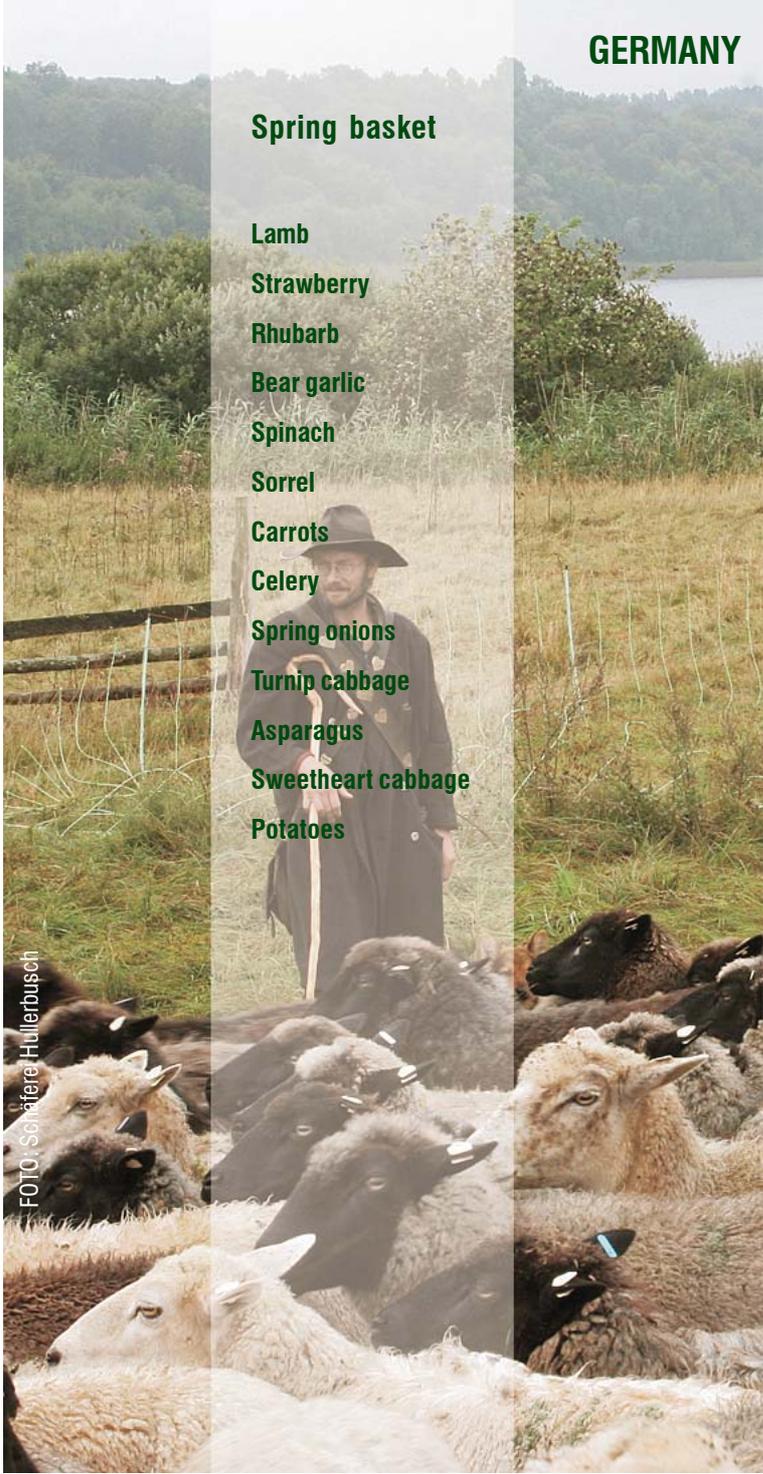
Buy your food in a good quality for a good price

Reduce negative effects on global environment

Select high quality products

The following recipes are calculated for four





GERMANY

Spring basket

- Lamb**
- Strawberry**
- Rhubarb**
- Bear garlic**
- Spinach**
- Sorrel**
- Carrots**
- Celery**
- Spring onions**
- Turnip cabbage**
- Asparagus**
- Sweetheart cabbage**
- Potatoes**

FOTO: Schäfer Hüllerbusch

GERMANY

Lamb chops in a wild garlic crust with thyme sauce, green asparagus and potatoes

800 g rack of lamb remove sinew cut into chops

sauce:

1	carrot	1 slice of celery	
½	leek		cut into cubes
	fry sinew and bones, add the root vegetables, add a		
½ tsp	tomatopaste		deglaze with red wine and fill up
	with water		simmer and season to taste
	with thyme		
	salt and pepper		
1 kg	asparagus		peel and cook until al dente
80 g	butter		melt and use for asparagus
800 g	potatoes		peel, portion and cook
1 bunch	wild garlic		finely chop
6	slices toast		grate and finely debark
80 g	butter		melt

Mix wild garlic, toast and butter in a bowl. Season lamb chops with salt and pepper, fry brown, place in a casserole. Spread garlic bread dough on the chops. Put in the stove at 100 ° C for about 15 minutes.



GERMANY

Cabbage rolls with vegetables and potato-celery puree - *vegan*

500 g white cabbage clean and blanch
200 g parsley root peel, cut into cubes and blanch
200 g carrots peel, cut into cubes and blanch
100 g breadcrumbs soak in soy cream
250 ml soy cream
60 g soy margarine
30 g flour
½ l vegetable broth

caraway, salt, pepper, cumin, nutmeg

Mix the parsley root and carrots with the flour and the soaked breadcrumbs, season with salt pepper and caraway. Fill into the cabbage leaves and roll them. Put the stuffed cabbage in a casserole, add a little vegetable broth, season with salt, pepper, cumin and nutmeg and braise in an oven at 160 ° C about 10 to 15 minutes. Produce a sauce by the fond of the cabbage rolls, soy margarine and flour.



400 g potatoes
200 g celery
300 ml soy milk

wash peel, cut, boil and mash
wash peel, cut, boil and mash
heat, mix with mashed potatoes and celery to a puree, season with salt and pepper.



GERMANY

Sauerkraut ravioli on baked apples and red onion rings - *vegan*

300 g sauerkraut
1 onion cube
0,2 ml apple juice
4 apples core and cut into columns
2 red onions cut into rings

Fry 1 onion in oil, add sauerkraut with apple juice and boil soft for 20 minutes.
Pasta without eggs:

Toss 300g durum wheat semolina in a bowl with 1 teaspoon of salt, form a hollow, give in 3-4 tsp oil and add 125 ml water, process to a stiff dough. Knead for about 10 minutes, wrap in plastic and let stand at least 60 minutes. Roll out dough and cut out raviolis. Put the sauerkraut on one ravioli and brush the edge with water, place the second ravioli on top and squeeze the margins softly together. Boil softly for 3 – 5 minutes in salted water.

Sauté apples and red onions in a pan. Lay apple slices on a plate in the shape of a wreath. Dress the sauerkraut raviolis on top and cover with onion rings.



ESTONIA

Warm celery salad with cedar seeds - *vegan*

600 g celery wash, cut off both ends, cut into 3 cm thick slices
6 tsp cedar seeds roast
3 tsp olive oil
3 cloves garlic chop
10 spring onions wash, cut off both ends, cut into 3 cm long slices
1,5 tsp soy sauce
Brown sugar

Heat the pan, add some oil and fry garlic and celery for a few minutes. Add spring onions. Season with soy sauce and brown sugar. Sprinkle cedar seeds over the salad. Serve hot with whole wheat bread.



ESTONIA

Tomato-Potato Hot-Pot

500 g potatoes	boil and peel
150 g tomatoes	peel tomatoes, before peeling put them into boiling water for 10 seconds
200 g spinach	chop
50 g bear garlic	chop
100 g onions	slice circles
1 clove garlic	chop
80 g cheese	grate
2 eggs	
300 g sweet cream 30%	
20 g butter	



Slice potatoes and tomatoes. Fry onion slices with garlic in a pan at a low heat. Grease the casserole with butter and lay potatoes, onion, spinach, bear garlic and tomatoes in layers into the casserole. Between, strew a little grated cheese and add salt and pepper.

Beat up eggs and mix with cream, season with salt. Then pour it in the casserole.

Bake the hot-pot in an oven at 220 degrees for about 20 minutes. When it is almost ready, strew the rest of grated cheese on it.

Serve with cucumber salad.

ESTONIA

Lamb sausages with mashed vegetables, spinach sauce and carrot salad

Lamb sausages

600 g	minced lamb meat	
2	eggs	
2	onion bulbs	finely chop and fry in oil
12 g	garlic	finely chop
1 tsp	oil	
4 tsp	fresh parsley	finely chop
	season with salt and pepper	



Mashed vegetables

500 g	potatoes	peel, boil and lightly mash
200 g	turnip cabbage	peel, boil and lightly mash
200 g	celery root	peel, boil and lightly mash
20 g	bear garlic	finely chop

Spinach sauce

60 g	spinach	finely chop
160 g	cream	whip

Carrot salad

200 g	carrots	cut into rings and lightly boil in water (<i>al dente</i>)
2 tsp	honey	
2 teaspoons	fresh thyme	finely chop

Lamb sausages

Thoroughly mix all the ingredients together. Force the mixture onto kebab sticks, so that it is wrapped around the central part of each stick like a large sausage. Arrange the sticks across the top of a baking tray so that the kebabs are suspended and the fat can run down onto the baking tray. Put in a hot oven at 190°C for about 20 minutes or until cooked through and crisp on the outside. Serve hot.

Mashed vegetables

Mix all the ingredients and add a little salt for seasoning.

Spinach sauce

Heat the whipped cream until it starts to boil. Add spinach and continue boiling the mixture until it has slightly thickened. Add salt.

Carrot salad

Boil carrots for about 10 min., add some honey. Continue boiling until they are half-cooked (*al dente*). Serve with fresh thyme.

ESTONIA

Stewed mutton with vegetables

600 g mutton chop portion pieces
1 tsp olive oil
200 g carrots peel, chop
200 g fresh cabbage cut into wedges
150 g celery cut into dices
salt
crushed black pepper
150 g tomatoes cut into wedges
0,4l water
fresh fennel
fresh parsley

Fry lamb pieces in a pan and put them into a braising pan. Fry carrots, celery and place them onto the meat. Add water. Stew a little and add cabbage wedges. Season and blend. Put chopped tomatoes on top of the stew and braise until ready, 40 - 45 min.

Serve up vegetables on the middle of the plate, sprinkled with fresh fennel and parsley, mutton pieces on top.



FINLAND

Spinach soup

50 g butter
50 g carrots
1 onion
50 g flour
1 l bouillon stock
500 g spinach
0,2l cream



Make a soup base with butter, carrots, onion and flour.

Add stock, let it simmer for an hour.

Sieve the vegetables.

Add the chopped spinach.

Add the cream.

Serve with boiled egg.



FINLAND

Asparagus with spinach quiche-vegan

Spinach quiche

200 g potatoes peel and cut into slices
50 g onions peel and cut into slices
200 g fresh spinach parboil in water and crush
0,1 l soy milk
50 g tofu dice
salt, white pepper

Place potatoes and onions in a casserole, add spinach, tofu, soymilk, season with salt and pepper. Put in the oven at 175°C for about 20 minutes.

Boiled asparagus

300 g asparagus
0,6 l water
5 g salt
boil asparagus 20 minutes in water.

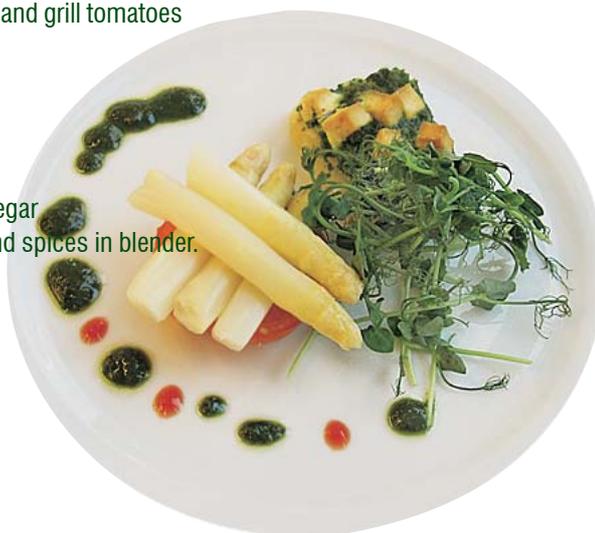


Oven Roasted Tomatoes

4 tomatoes
salt, white pepper
season and grill tomatoes

Basil oil

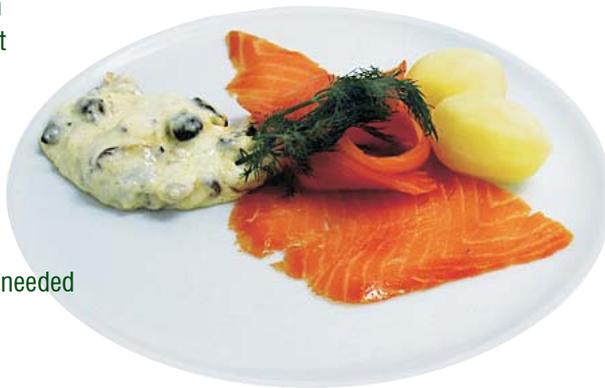
1 dl olive oil
100 g basil
sugar
White wine vinegar
Mix oil, basil and spices in blender.



FINLAND

Lightly salted salmon with creamed morels

- 400 g salmon
- 10 g sea salt
- pepper
- 3 g sugar
- dill
- 150 g morels
- 1 onion
- 1 dl cream
- flour, if needed
- salt



Put the sugar, salt and pepper onto the salmon fillet.

Let it salt for one day.

Cut it into large slices.

Make the sauce by boiling the fresh morels in boiling water three times for about ten minutes. Fresh morels are poisonous. Don't use the water.

Cut the morels into small pieces. Add butter and cubed onions.

Add flour.

Add cream. Simmer about 15 minutes.

Serve with boiled potatoes.

FINLAND

Roast rump of lamb, risotto with chanterelle and barley, grilled sweetheart cabbage and port wine - rhubarb sauce

Roast rump of lamb

600 g rump of lamb
salt, pepper

Fry rump of lamb in pan and season, then put it in the oven at a temperature of 160 °C and roast it for 10 minutes (*medium*).

Port wine with rhubarb sauce

30 g shallots
thyme
25 g celery
25 g mushrooms
0,5 l brown stock
0,15 l port wine
black pepper, bay leaf
50 g rhubarb
butter, salt



Roast shallots, thyme, mushrooms and celery in a pan, add stock, port wine, rhubarb and spices. Then reduce the sauce. In the end add butter and salt.

Risotto

150 g pearl barley
1 l vegetable stock
200 g chanterelle
50 g onion
oil, salt, black pepper



Soak the barley for 10 hours. Boil in stock for about 30 minutes, add the pan-sautéed onions and chanterelle, season with salt and pepper.

Grilled cabbage

Sweetheart cabbage

Marinade:

30 ml lime juice, 5 ml orange juice, 30 ml soya sauce, 5 ml olive oil, 2 ml white vinegar, 50 g spring onion, black pepper, salt.

Mix the marinated ingredients. Put cabbage into the marinade. Put in the oven at 175°C about 20 minutes.



FRANCE

Quinoa risotto with zucchini

- 1 cup quinoa
- 1 medium-size zucchini
- 3 cups skimmed broth
- 1 tsp tomato sauce



Peel the zucchini, leaving strips of skin. Cut into small cubes. Sauté in a non-stick skillet for a few minutes. Pour 1 tablespoon olive oil into the pan with the zucchini. Add quinoa and stir for 1 minute. Pour the broth, ladle by ladle and let the quinoa absorb it each time. Cover and let it simmer on low heat for a few minutes. To finish, add the tomato sauce.



FRANCE

Tatin of scallops with tangerines

Take 12 scallops, dip them into milk and water, blanch. Take 4 medium endives, 4 tangerines, butter, pure sea salt, pepper, brown sugar.

Drain the scallops and marinate in a little olive oil and tangerine juice.

Prepare the endive: remove damaged leaves, dig a cone in the base of the endive. This removes some of the bitterness. Blanch the endive strongly then mince and sauté in butter, season with salt, pepper and sugar. Add the tangerine juice and let it stew.

Butter moulds and put some stewed endives and cover with a disc of puff pastry.

Cook in oven 20 minutes at 180°C .

Meanwhile make caramel butter. Sugar and fry the mandarin segments. Slice the scallops, season and fry just around the tip. Turn out the tartlets, and cover with scallops. Serve with caramelized mandarin segments. For a sweet tooth, make a white butter or a white wine saffron sauce.



FRANCE

Stuffed saddle of lamb, bear garlic pesto with mixed spring vegetables

800 g saddle of lamb
400 g spinach
150 g sorrel

Pesto:

50 g bear garlic leaves
25 g pine nuts
20 g parmesan cheese
olive oil

Vegetables:

150 g carrots
150 g turnips
150 g spring onions
150 g celery
asparagus

Bone the saddle of lamb, sauté the fresh spinach. Make the pesto. Garnish the saddle, tie up and roast.

Wash, peel, turn the vegetables, cook them with butter, sugar, salt individually. Make some lamb juice using the saddle bones, add the remaining pesto.



FRANCE

Chicken fricassee with Neufchatel sauce

4 chicken legs, caul casing

Filling:

500 g apples
300 g mushrooms
100 g walnuts
80 g shallots
200 g cream

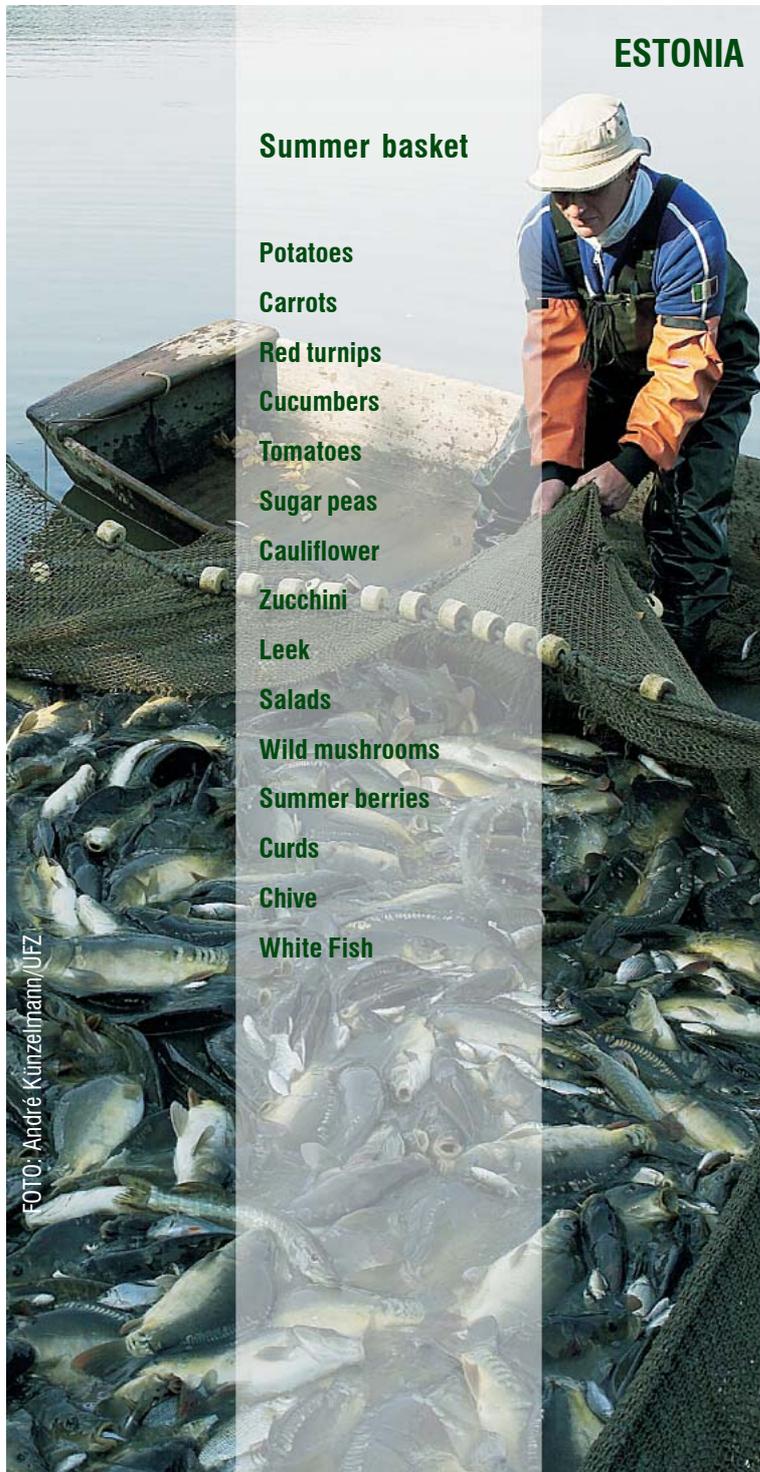
Sauce:

500 g chicken broth
40 g butter
40 g flour
150 g cream
60 g onions
150 g Neufchatel cheese
150 g pearl onions
150 g mushrooms



Sauté the shallots, sauté the mushrooms and apples, thicken with cream, reduce, then cool the mix.

Bone the chicken legs, stuff them and wrap in the caul casing, season and stiffen in butter, sauté the onions, pour flour and fill up with chicken broth, finish cooking in the oven. Take out the chicken legs, reduce the sauce, add cream, reduce and add Neufchatel cheese. Glaze the pearl onions and mushrooms and add them to the legs in the sauce, simmer a few moments.



ESTONIA

Summer basket

Potatoes

Carrots

Red turnips

Cucumbers

Tomatoes

Sugar peas

Cauliflower

Zucchini

Leek

Salads

Wild mushrooms

Summer berries

Curds

Chive

White Fish

FOTO: André Künzelmann/UFZ

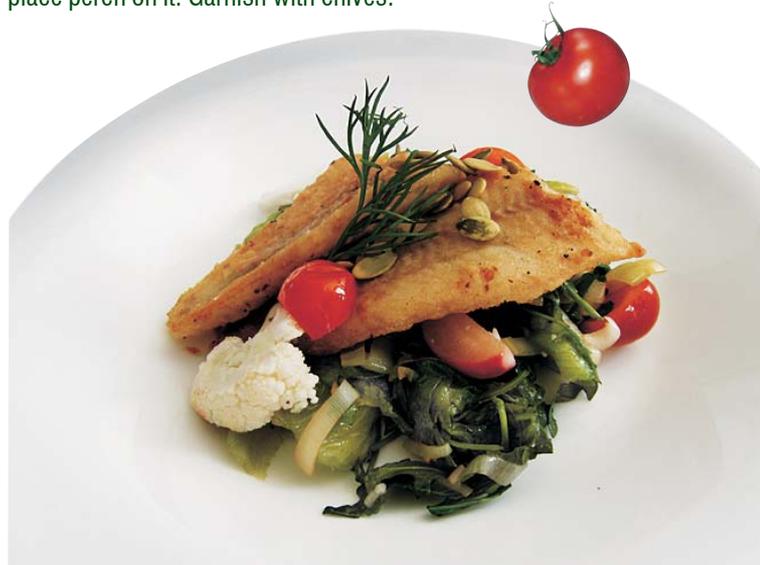
ESTONIA

Fried perch fillet and fresh salad

8	pieces perch fillet	
	salt, pepper	season perch fillet with salt and pepper
	wheat flour	coat in flour
100 g	rocket lettuce	wash, chop into big pieces
100 g	lettuce	wash, chop into big pieces
100 g	cherry tomatoes	wash, cut into halves
200 g	leek	wash, slice into circles
100 g	cauliflower	chop into thin slices
20	radishes	wash, slice
	olive oil	
	lime juice	
2 tsp	ceddar seeds	
	salt, pepper, chives	



Fry the coated perch fillets in a pan and keep in a warm place.
For the salad: heat cedar seeds in the oil, add leek and heat through. Then add chopped lettuce, tomatoes and finally cauliflower. Season with salt, pepper and lime juice. Serve immediately, while hot. Make a salad bed on a plate, place perch on it. Garnish with chives.



ESTONIA

Perch rolls

8 perch fillets flavour with lemon juice, salt, pepper, wrap into rolls and secure with cocktail sticks

2 small onions chop finely

4 tsp parsley chop finely

2 tsp dill chop finely

4 tsp butter

2 dl white wine

1 lemon

grounded black pepper, salt



Melt the butter in a pan. Slightly heat the chopped onions until they are done and remove from the pan. Place the perch rolls into the pan and fry until they are almost ready. Add chopped parsley, dill, heated onions and wine. Flavour with salt, pepper. Stew it until it is ready.

Warm potato salad

800 g potatoes peel, cut into slices

1 bunch leek chop finely

1 bunch dill chop finely

120 g sour cream

salt

2 tsp butter

Boil the potatoes in salted water until they are halfway through. Drain. Heat the butter, add the warm potatoes, sour cream, chopped leek and dill. Add some salt and mix it. Heat the mixture for a few minutes. You can use some rocket leaves and cherry tomatoes as a salad pad. Serve the dish on the salad pad, serve it together with warm potato salad, perch rolls and one slice of lemon.



ESTONIA

Zucchini filled with mushrooms and onions

4 smaller zucchinis cut zucchinis into halves and remove flesh with a spoon leaving 1 cm thick walls.

Filling:

1 big onion clean, chop
3 cloves garlic clean, chop
250 g wild mushrooms clean, cut into slices
2 tsp olive oil
 salt, black pepper
 chopped parsley
20 cherry tomatoes
 rocket leaves

Place zucchinis into a pan and bake at 200° C for 10 minutes.

For the filling: chop the zucchini flesh, onion and garlic. Fry onion and garlic in oil 2-3 minutes. Add chopped zucchini and mushrooms, season with salt and pepper and cook a few minutes. Add chopped parsley. Fill the hot zucchinis with the cooked mix and bake in an oven at 175° C for 15-20 minutes.

Serve with rocket leaves and a few cherry tomatoes.

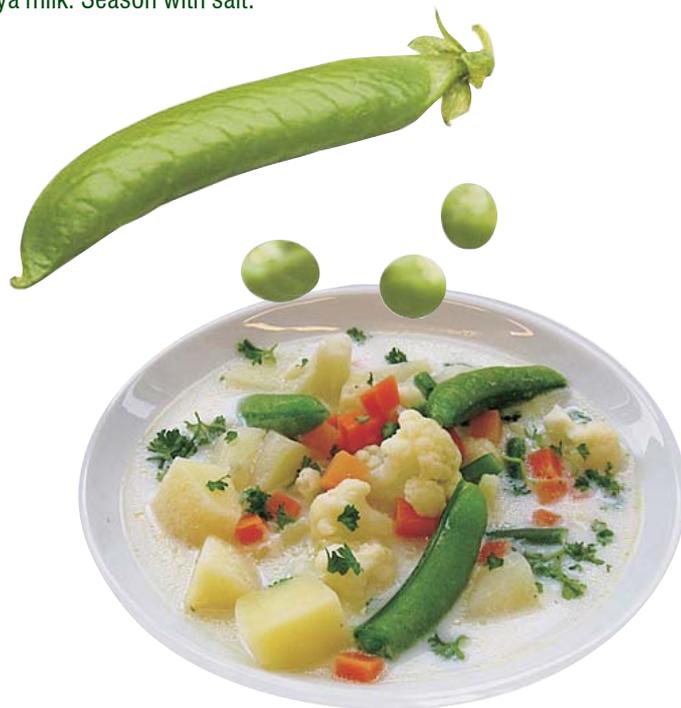


FINLAND

Finnish summer vegetable soup - *vegan*

- 100 g peas
- 200 g carrots
- 200 g potatoes
- 100 g summer onions
- 400 g cauliflower
- 1 dl soya milk
- 1 l vegetable stock

Cook potatoes, onions and carrots in the stock, add cauliflower and peas, add soya milk. Season with salt.



FINLAND

Smoked fish pancakes

250 g flour
1 l milk
4 eggs
1 zucchini
400 g smoked fish



Beat eggs with milk and flour, add grated zucchini and smoked fish.
Fry big pancakes and serve with salad.



FINLAND

Fried white fish, potato and carrot puree, roasted vegetables, wild mushroom sauce

Fried White Fish

600 g white fish
salt, white pepper, butter

Fry white fish in butter for 2 minutes per side and season with salt and pepper.

Potato and carrot puree

300 g potatoes
200 g carrots
water
10 g butter
salt

Peel the potatoes and carrots and boil them for 30 minutes. Purify in a blender, add a little stock.

Wild mushroom sauce

20 g butter
20 g wild mushrooms
30 g onions
20 g flour
0,4 l consommé
0,1 l cream
salt, white pepper

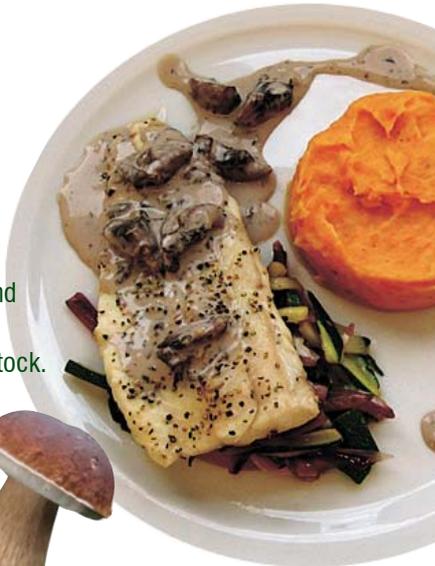
Sauté mushrooms and onions in butter, add flour. Add consommé and cream and simmer for ten minutes.

Roasted vegetables

100 g red turnips
100 g zucchini
50 g onion
50 g leek

White wine vinegar, salt, brown sugar

Cut the zucchini, onion, leek and red turnips into strips. Add spices and roast in an oven for 15 minutes.



FINLAND

Fried vendace with mashed potatoes and simmered beetroot

600 g vendace
rye
salt, white pepper
butter

Mashed potatoes

600 g potatoes
0,1 l milk
10 g butter
salt

Beet root

200 g beet root

Sprinkle the vendace with rye and fry in the butter a few minutes.

Serve with mashed potatoes and simmered beetroot.



FRANCE

Gourmet salad

- 150 g brown rice
- 1 small fennel bulb
- 12 cherry tomatoes
- 2 onions
- 1 bunch radishes
- 1 chopped yellow pepper or red pepper
- parsley
- 1/2 cucumber
- avocado
- fresh cream cheese
- 1 tsp lemon juice
- 1 tsp olive oil
- 1 pinch cumin powder, pepper



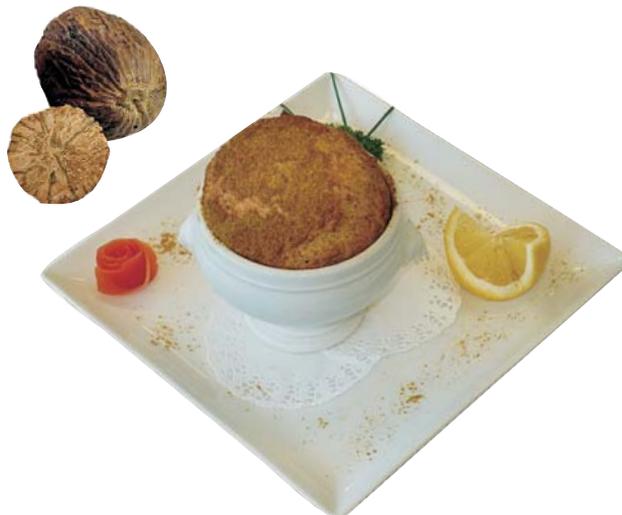
Cook and cool the rice, cut all the vegetables, mix $\frac{3}{4}$ of them with rice and reserve the rest for garnish. Make a sauce with avocado, cream cheese, lemon juice, olive oil, cumin. Serve apart. Serve with one fried lebanese bread, crumbled over the salad.



FRANCE

Cod curry soufflé

300 g cooked cod
6 eggs
10 cl fresh cream
50 cl milk or fish broth
40 g butter
30 g flour
2 teaspoons curry powder
salt
pepper
nutmeg



Mix the fish. Preheat the oven at 210°C. Weld a soufflé mould. Melt 30g butter in a saucepan, add flour, stir and let simmer three minutes, then pour the milk or the fish broth gradually, whisking until the mixture thickens. Add some salt, pepper, a good pinch of nutmeg, curry powder, then the cream. Crack open the eggs, separating whites from yolks. Add yolks to white sauce, mixing well between each, then the mixed fish. Check the seasoning. Whip the egg whites, and incorporate them little by little. Pour the mixture into the moulds and bake for 30 minutes without opening the oven while cooking. Serve immediately.

FRANCE

Marinade of mackerel with apple – celeriac – remoulade sauce

700 g mackerel

Aromatic stock:

60 g shallots
60 g onions
120 g carrots
garlic
lemon tarragón
bouquet garni
1 l water
0,05 l white wine
0,1 l raspberry vinegar

Remoulade sauce:

300 g celeriac
150 g granny apples
1 lemon
150 g mayonnaise
chives
chervil
cherry tomatoes
walnuts

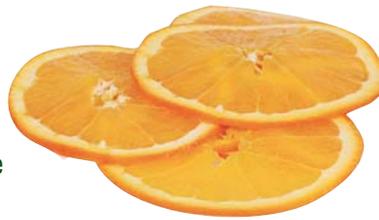


Make a short broth and cool it down. Prepare the fish (*remove the bone and fillet*). Poach the mackerel, first on gas and then in the oven. Cool in the aromatic stock. Prepare the remoulade sauce. Arrange on plate, garnish with tomatoes, herbs, walnuts.

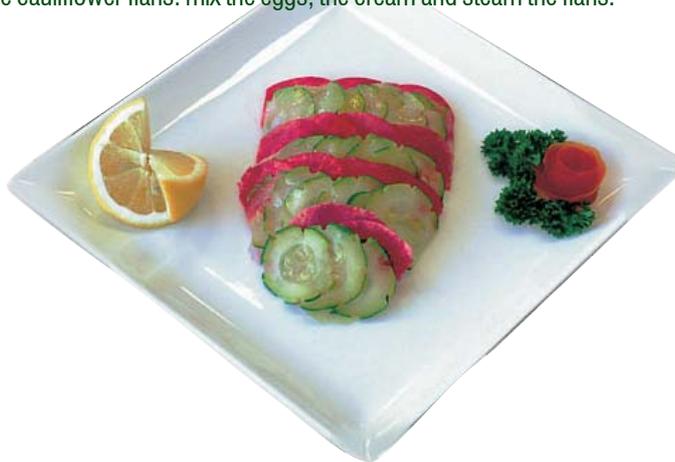
FRANCE

Seabream escalopes in vegetable scales, sweet peas, cauliflower flan and mushrooms

- 4 escalopes of seabream
- 2 red turnips
- 2 zucchini
- 400 g sweet peas
- ½ cauliflower
- 400 g wild mushrooms
- cream
- eggs
- garlic
- butter
- chives
- parsley
- shallots
- white wine
- fish stock



Prepare and bone the seabreams and season them. Cut thin slices of turnips and zucchini, blanch them slightly. Poach in white wine and fish stock and make the chive sauce by reduction with cream. Cook sweet peas in boiling water; thicken with butter. Sauté the mushrooms with butter, garlic and parsley in a pan. Make the cauliflower flans: mix the eggs, the cream and steam the flans.



GERMANY

Strawberry - Rhubarb - Stew - *vegan*

1 kg fresh rhubarb
1 dash lemon juice
300 g strawberries
10 tsp sugar
cinnamon

Wash and peel the rhubarb. Cut into pieces and put into a large pot (it foams a lot during cooking). Add the dash of lemon juice and sprinkle everything with the sugar. Mix well and let stand until the rhubarb has absorbed the juice fully (takes about 1 to 2 hours).

Wash the strawberries and cut into small pieces. Boil the rhubarb for about 5 minutes. If you like, add a little cinnamon. Remove the pot from heat and add the strawberries to the hot sauce. Do not let it cook anymore. Let it stand for half an hour.

Before serving, taste again, if necessary season with sugar, cinnamon and lemon. Combine with vanilla yogurt or vanilla cream!

Note: the total amount of sugar may vary! It all depends on the acidity of the rhubarb and the personal taste. Therefore it may be better to use a little less sugar and then sweeten after cooking.



GERMANY

Sweet pancakes - *vegan*

- 4 cups apple juice, clarified or unfiltered
- 3 teaspoons baking powder
- 4 cups wheat flour

- 2 teaspoons brown syrup, or sugar or other sweeteners
- 1 cup soy milk
- 1 pinch salt
- vegetable oil for frying



Mix baking powder with the flour. Mix all ingredients with a whisk or blender to make a smooth dough.

Heat oil in a frying pan. Give one ladle of batter into the pan. Distribute the batter by tilting the pan. Fry on medium level for about 2-3 minutes on each side. Serve as desired with fruits, jam, or icing sugar.



GERMANY

Whitefish fillet with zucchini and pommes duchesse

800 g whitefish fillets
2 lemons cut 4 slices as garnish,
squeeze the remainder and marinate the fish

50 g flour
60 g butter
Turn the fish in flour and fry it in butter



400 g potatoes
2 egg yolks
1 tsp flour
30 g butter

Boil the potatoes in lightly salted water until they are easily pierced by a knife. Peel them and rice them. Mix in the butter first and then 1 egg yolk. Season to taste with salt and pepper. Some people like a pinch of nutmeg, freshly grounded. Put the mashed potatoes through a pastry bag onto an oiled cookie sheet and brush with egg yolk. Put into the oven at about 160°C for 10 minutes until they are golden brown.

600 g zucchini cut into olive large pieces, blanch, season
with salt and pepper
200 g carrots wash, peel, cut into thin strips and blanch
1 sheet green leek cut into long thin stripes, wrap each piece
around a bundle of carrots



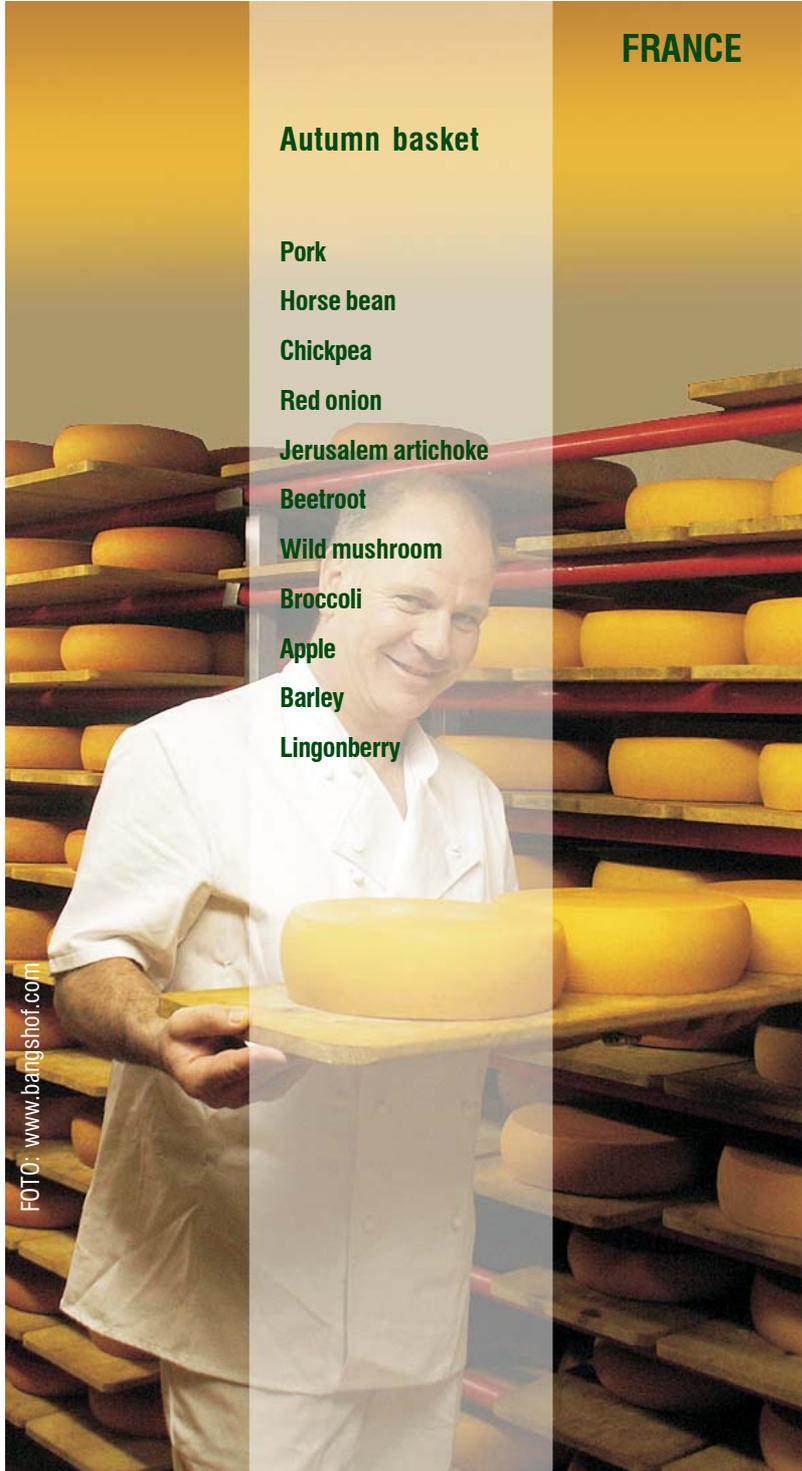
GERMANY

Pikeperch on stewed cucumbers with potatoes and dill butter

- 4 perch fillets portion, marinate with lemon and salt
- 2 cucumbers peel, remove core and cut halfwise into 1cm wide pieces
- 1 kg potatoes peel, portion and cook
- 1 bunch dill
- ½ lemon
- salt
- butter and oil as needed

Sauté cucumbers in butter, season. Fry pikeperch in butter.
Dress on a plate. Melt the butter, add the dill and pour over the fried fish.





FRANCE

Autumn basket

- Pork**
- Horse bean**
- Chickpea**
- Red onion**
- Jerusalem artichoke**
- Beetroot**
- Wild mushroom**
- Broccoli**
- Apple**
- Barley**
- Lingonberry**

FOTO: www.bangshot.com

FRANCE

Bulgur cakes – meat free

For 6 cakes:

- 80 g cooked bulgur
- 1 egg
- 40 ml milk
- 60 g flour
- 1 tsp herbs (*of your choice*),
- 1 tsp oil (*optional*)
- 50 g grated cheese
- salt
- pepper

Put all the ingredients in a bowl and add the bulgur. Mix. In a hot non-stick frying pan, drop spoonfuls of the mixture and cook the cakes golden brown on each side.



FRANCE

Tenderloin of pork, Borscht, mashed Jerusalem artichokes and cranberries

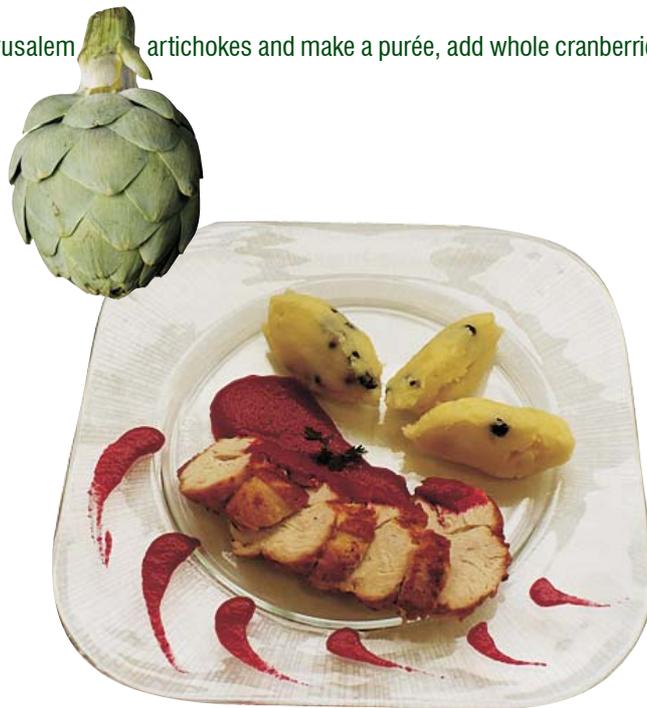
700 g tenderloin of pork pan-sautée the tenderloin
500 g beetroot
1 onion
300 g beef broth
5 cl cider vinegar
20 g brown sugar
cream

Borscht:

Sautée onions in butter and add the beetroot, pour in the beef broth and cook. Mix, add vinegar and sugar, then reduce and add the cream.

800 g Jerusalem artichokes
100 g cranberries
150 g butter
100 g cream

Cook Jerusalem artichokes and make a purée, add whole cranberries



FRANCE

Steak of deer, Diane sauce and poached pears in red wine

600 g deer fillet
10 cl oil

Marinade:

0,4l red wine
4 cl vinegar
1 carrot
40 g onions
40 g shallots
1 garlic clove
4 cl oil
grounded black pepper



Sauce:

Deer bones, vegetables of marinade, 4cl cognac, red wine of marinade, 0.5l game stock or veal stock, 10cl cream.

Technical phases:

Marinate the deer fillet for 24 hours. Then dry it and keep it cold. Fry the bones from the marinade, then the vegetables, flamed with cognac. Add wine from marinade, reduce 3/4 and add game stock. Cook until you have the right consistence, finish with cream. Adjust the pepper. Cook deer fillet at your taste and serve with sauce on the side.

Pears:

Cook the pears in red wine for 3 minutes



GERMANY

Barley risotto, beetroot and broccoli with almonds - *vegan*

- 300 g barley
- 1 onion cube
- laurel
- water or vegetable broth
- 1 broccoli wash, cook al dente
- 1 beetroot leave in the peel, put in the oven for 30 minutes at 150°C, cut into sticks
- almonds
- olive oil



Sauté diced onions in olive oil, add barley and roast about 5 minutes, add laurel, cook slowly and add liquid as needed.

Heat the broccoli and beets and arrange them on the risotto, dress with almonds.



GERMANY

Cucumber boats with a chickpea vegetable filling on Jerusalem artichokes with deep-fried beetroot - *vegan*

2	cucumbers	wash, halve lengthwise and remove cores
100 g	soaked chick peas	cook and chop into a coarsed grain mass
100 g	carrots	peel, cut into cubes and cook
100 g	celery	peel, cook and dice
1	potato	cook, peel and mash
1 kg	jerusal. artichokes	peel, cut into cubes and cook
250ml	soy cream	
150 g	beetroot	cut into thin strips and deep fry



Cut hollowed-out cucumber into equal boats, mix chick peas, carrots, celery and potato, season with salt and pepper, spread the mixture into the cucumber boats.

Fry the stuffed halves in oil and let stand about 10 minutes. Boil the soy cream and add the artichoke cubes, season. Dress with fried beetroot.

GERMANY

Spinach balls in creamy kohlrabi with red potatoes - *vegan*

600 g	spinach	wash, clean, blanch and chop finely
200 g	potatoes	peel, cook and mash
80 g	white bread without crust	grind finely
250 g	soy cream	
	salt	
	pepper	
	nutmeg	
3	kohlrabi	peel, cut into segments and cook
500g	truffle potatoes	peel and cook



Blend the chopped spinach with potatoes, white bread and 150 ml soy cream, season.

Form coins, fry golden brown in vegetable oil. Bring soy cream to boil, add the kohlrabi segments and keep warm, season. Heat the truffle potatoes in butter and a little water, season with salt, pepper and nutmeg.

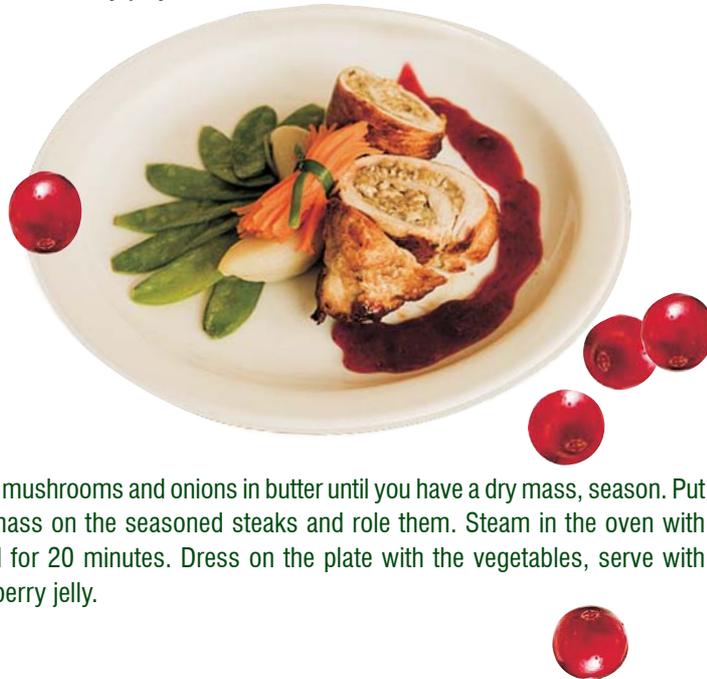
Dress the truffle potatoes in a circle and place the spinach balls on it. Spread the creamy kohlrabi around.



GERMANY

Pork roulade with sugar peas, carrots and Jerusalem artichokes on cranberry jelly

600 g	pork salmon	cut thin steaks and pound
200 g	champignons	clean, finely chop
100 g	onions	peel, cut in dices
100 g	sugar peas	toss in butter, caramelize with sugar
200 g	carrots	peel, cut into small slices, steam
400 g	jerusal. artichokes	peel, portion and steam
160 g	cranberry jelly	



Stew mushrooms and onions in butter until you have a dry mass, season. Put the mass on the seasoned steaks and role them. Steam in the oven with liquid for 20 minutes. Dress on the plate with the vegetables, serve with cranberry jelly.

FINLAND

Beetroot burger, fried onion, potatoes and swede puree, steamed broccoli

Beetroot burgers

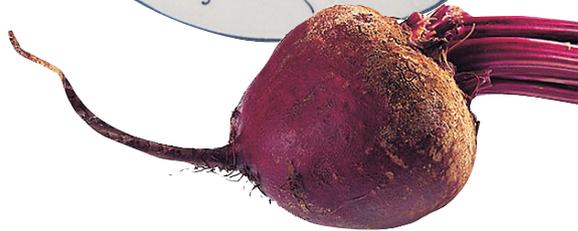
- 500 g minced meat
- 100 g beetroot, pickled
- 50 g onions
- 100 g boiled potatoes
- 1 egg
- 30 g caper
- 15 g mustard

Potatoes and swede puree

- 400 g potatoes
- 200 g swede
- 0,6 l water
- 30 g butter
- 5 g salt

Fried onion

- 400 g onion
- 50 g butter



Grate beetroots, onions and potatoes. Mix all beetroot burger ingredients and fry them in a pan for about 3 minutes per side. Peel potatoes and swede. Boil them about 30 minutes and pure in blender. Add some court-bouillon and salt. Steam the broccoli flowers. Garnish the beetroot burger with fried onions.

FINLAND

Sweet pepper with horse bean and fried potatoes

600 g sweet pepper
250 g fresh horse bean
250 g broccoli
50 g onions
200 g sweet pepper
100 g tomatoes
sugar
salt
black pepper



Clean and cut the sweet pepper in two halves. Cut the other vegetables in large dices and break the broccoli into flowers. Heat the oil in a pan over medium heat and add the onions, horse beans and sweet pepper and sauté for 5 minutes. Add the tomatoes, broccoli and spices. Cook the vegetables until they start to soften. Serve in the sweet pepper with fried potatoes.



FINLAND

Whipped lingonberry porridge

1 l water
1,5 dl semolina
1 dl sugar
200 g lingonberries

Pour the water and lingonberries into a pan. Heat up to boil. Add sugar and semolina while whisking hard and boil for 10 minutes. Let the porridge cool down and then whip it.

Serve with milk.



FINLAND

Pea soup with pork

200 g dried peas
2 l water
300 g smoked pig's trotter
150 g ham
7 g salt
30 ml reduced cooking stock



Soak the peas in water for 12 hours. Simmer the peas for 2 hours. Add smoked pig's trotter and reduced cooking stock and simmer for one hour. Add the ham and cube the reduced smoked pig's trotter. Serve with mustard.



ESTONIA

Mulgi porridge: potato - barley - patties

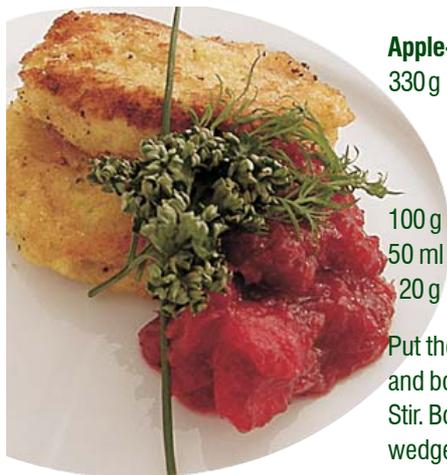
- 650 g potatoes wash, peel, cut into slices of the same size
- 700 ml water
- 50 g barley groats soak in water for 4-12 hours
- 25 g butter
- 2 eggs
- 60 g onion peel, chop finely, fry in cooking oil
- 1 clove garlic peel, chop finely, fry in cooking oil
- 30 g bread crumbs
- 50 g cooking oil
- salt, ground black pepper



Toss (*soaked*) barley groats into boiling water and boil for 20 - 30 minutes. Then add potatoes and salt. Boil until they get soft. Strain the boiled water into another pot. Mash potatoes into the porridge. Add butter. Mix properly and add salt and pepper. Let it cool down.

Peel onions and chop into small pieces, heat them in a hot frying pan. Add chopped garlic. Whisk egg into cold porridge and add onion mix. Make patties (*2 for a portion*). Roll them in breadcrumbs and fry in a frying pan until they are golden brown. Put them into the oven at 180°C, to keep them warm.

Serve with apple-lingonberry salad.



Apple-lingonberry salad

- 330 g apples wash
- peel
- cut into
- wedges
- 100 g lingonberries / cowberries
- 50 ml water
- 20 g sugar

Put the lingonberries into boiling water and boil a few minutes, then add sugar. Stir. Boil some more minutes. Add apple wedges and boil. Cook until the apples are medium soft. Serve with potato – barley - patties.

ESTONIA

Chickpeas – barley - pudding - *vegan*

95 g dried chickpeas soak in water overnight, cook
140 g dried barley groats soak in water 2-4 hours, cook
3 dl water
200 g carrots peel, cut into dices
1/2 parsnip peel, cut into dices
50 g celery peel, cut into dices
cooking oil
cumin
salt, white pepper
cayenne pepper
sesame seeds
soya sauce

Mash the peas in a blender and add water. Fry the vegetable cubes in oil. Mix mashed peas, barley and vegetables. The mixture should be liquid, as this is necessary for baking. Season the mixture with soya sauce, salt, white pepper and cayenne pepper. Pour the mixture into the baking tin. Sprinkle sesame seeds on top. Bake at about 175°C for approx. 25 minutes. Serve warm.



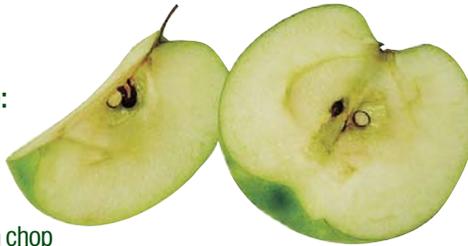
ESTONIA

Horse beans with pork

125 g dry horse beans soak in cold water overnight
1l water
200 g smoked pork slice into strips
100 g apple slice into strips
35 g onion slice into strips
salt
sugar

Green sour cream sauce:

100 g sour cream
salt
black pepper
1 tbsp fresh green onion chop
1 tsp fresh parsley chop
1 tsp fresh dill chop



Boil beans until they are soft and discard water. Fry smoked pork and onions in a pan. Add apples and stir-fry.

Place the beans into a baking tin, put layers of pork, apple and onions mix on the beans. Bake in the oven until ready.

For making green sour cream sauce, add the chopped herbs and flavors to the sour cream. Sprinkle with herbs and serve the dish with the sour cream sauce.



ESTONIA

Honey pork fillet with mashed turnips and a mushroom juniper berry sauce

800 g pork fillet
50 g honey
50 g garlic
4 tsp soya sauce

Mashed turnips:

2 turnips à 300 g
50 g butter

Mushroom and juniper berry sauce:

300 g milk caps or other delicious mushrooms
100 g onion
30 g butter
2 tsp flour
0,5 l mushroom stock
250 g sour cream
1 tsp juniper berries
50 ml gin



Prepare a marinade from honey, chopped garlic and soya sauce. Spread the marinade onto the pork fillet and let it rest for 1 ½ hour.

Peel turnips and cut them into halves. Hollow out the turnips with a spoon, in order to fill 4 small bowls. Boil the contents in salty water until soft and mash into purée. Add butter and whisk. Heat the bowl in boiling water and drain. Fill them with the turnip purée.

Place pork onto a baking tray together with the turnip bowls and bake at 200°C for approx. 30 minutes.

Mushroom sauce. Chop fresh or boiled mushrooms and onions and heat them in butter until they become transparent. Crush juniper berries and add them to the mixture. Toss flour into a frying pan and stir thoroughly. Finally add and mix with sour cream and gin, let the mixture boil.

When serving, put the turnip purée on the plate and pour over the mushroom sauce. Cut thick slices of pork fillet and place them onto the sauce.



FINLAND

Winter basket

- Chicken**
- Cabbages**
- Carrots**
- Turnips**
- Corn salad**
- Potatoes**
- Leeks**
- Brussels sprouts**
- Chicory**
- Celery**
- Parsnips**
- Honey**

FOTO: Günter Biallawons

FINLAND

Reindeer osso bucco with vegetable patties

600 g reindeer meat
200 g tomatoes 
100 g carrots
1 tsp tomato puree
1 garlic clove
150 g parsnips
50 g celery
3 bay leaves
thyme
2 l water 
salt and pepper

Fry the reindeer osso bucco slices, fry the vegetables and the tomato puree, add the water and spices. Put in the oven at 150° C degrees. Let it simmer for 3 hours.

Vegetable patties

500 g potatoes
200 g sweet potatoes
100 g onions
100 g celery
200 g swedes
200 g carrots
200 g parsnips
200 g breadcrumbs
4 eggs
0,4l water
salt, white pepper



Peel and grate the vegetables. Mix the ingredients together. Prepare a test patty, fry and taste the patty. If it looks and tastes good: fry the patties and put them in the oven at 170° C degrees for 20 minutes.

FINLAND

Cabbage rolls - vegetarian

- 1 kg savoy cabbage
- 2 l court-bouillon stock
- 150 g barley
- 100 g butter
- 100 g onion
- garlic
- 100 g carrot
- 150 g squash
- 100 g red pepper
- 50 g fennel
- 100 g yellow pepper
- 200 g mushrooms
- 2 dl cream
- salt
- pepper



Core cabbage and pull the leaves apart. Blanch in a large pot of boiling salted water until pliable, for 2 to 4 minutes. Chill under cold water, drain. Make the stuffing by boiling barleys in the stock. Cut all the vegetables in Brunoise (cubes) and make them simmer in butter for about 5 minutes. Add to the barley. Add cream and cheese if you like. Make the rolls and let them simmer in the stock in the oven for an hour at 150° C.

Serve with oven baked beetroots

Beetroots, honey, rosemary, oil. Peel the beets and cut into slices. Mix honey, rosemary and oil and coat the beets with it. Bake for 45 minutes at 150° C.



FINLAND

Winter chicken in pot

- 1 kg chicken
- 100 g onion
- 100 g brussels sprouts
- 100 g carrots
- 1 clove garlic
- 1 l chicken stock
- 0,3l white wine
- 200 g swede



Cut the chicken in pieces. Fry chicken until brown, add flour if desired. Place the chicken into a pot with onions, carrots, swede, stock, garlic and white wine. Simmer for 30 minutes, then add the brussels to keep them green. Serve with mashed potatoes.

Mashed potatoes with parsley

- 600 g potatoes
- water
- 0,1l hot milk
- 10 g butter
- salt
- pepper
- parsley



Peel the potatoes and cut into chunks about 2 inches in size. Place in a large pot of salted water (at least 1 teaspoon of salt in the water) and boil for 15 minutes or until potatoes are done.

Drain potatoes well but leave them in the pot.

Add hot milk, beginning with the smaller amount. Add butter. Mash with potato masher and add more milk, butter, salt and pepper, if necessary, to suit your taste. Garnish with parsley.

FRANCE

Stuffed cabbage

- 1 nice green cabbage
- 400 g sausage meat with some fat
- 400 g bread crumbs moistened with 10cl milk
- 2 eggs
- 2 cloves garlic peeled and chopped
- 1 bunch parsley chopped
- salt and freshly ground pepper, thyme



Peel and wash the cabbage leaves twice. Blanch in a pan, rinse and cook. Take the 4 largest leaves and cut the rest.

Put the sausage meat and bread crumbs soaked in milk in a large bowl, add the chopped garlic and parsley, 2 whole eggs, thyme, salt and ground pepper. Mix all the ingredients with your hands to have a compact stuffing. Take a mixing bowl, put down a cloth which should overlap on all sides of your boiling pan. At the bottom of the cloth lay 2 large cabbage leaves across from one another and then place a big spoon of stuffing on the leaves, then some chopped cabbage, salt and pepper and continue this process until your cabbage is filled.

Then put the last 2 large leaves on top of the cabbage. Finally, take the opposite corners of the cloth and make a tight knot at the center, then take the other 2 corners and do the same. Place the cabbage in a pot, cover with veal broth and let boil gently for 1 hour 30 minutes. Serve with a tomato sauce.



FRANCE

Chartreuse of poultry

1,5 kg hen
500 g chicken breast
300 g bacon
400 g cream
50 g eggwhite
200 g carrots
200 g turnips
400 g green cabbage



Dress and roast the chicken „vert cuit“ which means undercooked (1/2h).
Make a chicken stuffing: blend minced chicken meat with egg whites and cream

add 1/3 of puff pastry dough:

1/4 l water
80 g butter
150 g flour

Cut carrots and turnips into sticks of 4cm length and 0.5cm width. Blanch and keep al dente. Blanch the cabbage and sauté the bacon garnished with aromatic flavoring, make stew. Butter a mould and coat it with vegetable sticks alternating the vegetables.



Coat the vegetables with the stuffing.

Then garnish with layers of bacon, cabbage, chicken until the mould is filled. Finish with stuffing and vegetables, cover with parchment paper and aluminum, then bake in a bain-marie, the inner temperature should be at 65°C. Serve with sauce Bordelaise sauce.

FRANCE

Tofu with spices - *vegan*

Tofu:

250 g tofu
1g salt
0,5g cumin
0,5g five spices
1,5g turmeric
110g rice flour
17g water
basil



Crush the tofu and mix it with spices, basil and flour. Add water to obtain a thick mixture. Make balls of a walnut size and set aside to cool off.

Sauce:

75 g light soy cream
120 g water with 5g of veal stock
1g salt
18 g lemon juice
1,5g chives

Reduce the veal stock and add the cream and lemon juice, add chopped chives just before serving.

Cooking the tofu balls:

1 l water
30g low-fat margarine
1,5g basil



Poach the tofu balls in saltwater, fry them in oil until they get a golden color. Serve with lemon sauce.

FRANCE

Douillon

- 4 pears
- puff pastry
- 1 lemon
- 1 egg
- 80g sugar
- 0,5l cider
- cinnamon
- butter
- redcurrant jelly
- vanilla
- brown sugar



Make a syrup with the cider, sugar, spices, and then poach the pears. Cool them down. Stuff the pears with butter and brown sugar or redcurrant jelly. Roll pear into the pastry and close the dough. Brush with an egg yolk and bake.



GERMANY

Celery cutlet with carrot stuffing on Brussels sprouts - *vegan*

- 1 celery peel, cut into thin slices and cook until al dente
- 300 g carrots peel, cook and mash them, season with soya butter, salt and pepper
- 1kg brussels sprouts clean and cook in water
- 60 g soy butter
- 60 g soy cream
- 60 g soybean oil
- 60 g pumpkin seeds chop

Dry the celery slices, put the mashed carrots on one half of the celery slice and press down slightly. Pass through the soy cream and toss them into the pumpkin seeds. Fry in oil and butter until they are golden-yellow. Toss the brussels sprouts in soy butter, season. Dress the celery cutlets on the brussels sprouts



GERMANY

Potato-snails on carrots and celery with a parsley pesto - *vegan*

300 g flour
½ tsp salt
1 tsp baking powder
150 ml water
300 g potatoes peel, boil, mash
1 tsp parsley chop
1 tsp oil

Knead flour, salt, baking soda and water to a stiff dough, let it rest for 10 min. Mix potatoes, parsley and olive oil and season with salt and pepper. Roll out the dough, spread potato mixture out and roll up. Cut into 2 cm wide slices and place on baking paper. Bake for 15 minutes in the oven at 160° C.

400 g carrots peel, cut into sticks and simmer in water
400 g celery peel, cut into sticks and simmer in water
40 g soya butter

Sauté the vegetables in soya butter and season

Parsley Pesto

1 bunch parsley
40 g almonds blanch
150 ml olive oil
Blend to a creamy sauce

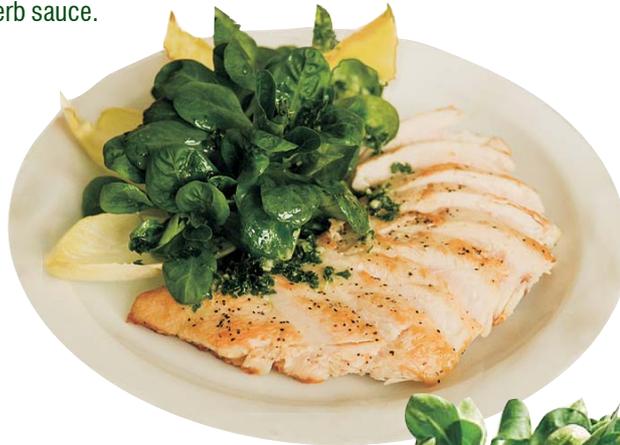


GERMANY

Chicory - corn salad with a herb sauce and grilled chicken breast

4	chicken breasts	season, fry in oil, wrap in foil and let stand
250 g	corn salad	clean and wash
2	chicory	clean
		keep 3-4 leaves as a garnish per serving, cut the rest into stripes
3 tsp	white wine vinegar	
6 tsp	olive oil	season with
	salt	
	pepper	
½ bunch	herbs	

Mix white wine vinegar, olive oil and finely chopped herbs.
Cut chicken breast into slices, dress chicory and corn salad decoratively, add herb sauce.



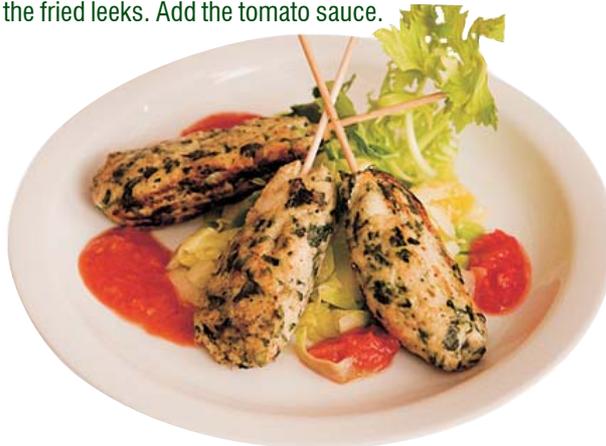
GERMANY

Parsnips chicken with cabbage and tomato sauce

200 g	parsnips	cook and mash
400 g	spinach	blanch and chop
250 g	chicken breast	finely chop 
2	spring onions	cut into thin rings
1	egg yolk	
50 g	breadcrumbs	
1	potato	peel, boil, mash
1 kg	cabbage leaves	cut and blanch
60 ml	olive oil	
1 tsp	lemon juice	
2 tsp	fresh thyme	chop
1	leek	cut green into thin stripes and fry in oil 
125 g	low-fat sour cream	
50 g	creamy blue cheese	
200 ml	tomato purée	boil and season with salt and pepper

Mix parsnips, spinach, chicken, spring onion, egg yolk, breadcrumbs and potato in a bowl, season to taste with lemon, thyme, salt and pepper. Portion and thread onto a shashlik skewer. Roast golden yellow and simmer in the oven at 100 ° C for 15 minutes.

Toss cabbage in butter with salt and pepper and arrange on a plate. Prepare the chicken sticks with the stirred sour cream and blue cheese and cover with the fried leeks. Add the tomato sauce.



ESTONIA

Carrot wrap with vegetable- cheese filling - meat-free

Carrot pancake

- 60 g flour
- 80 g carrots peel and grate
- 100 ml milk
- 2 eggs
- thyme chop
- 10 g cooking oil or butter
- salt

Mix flour with thyme in a bowl. Add half of the milk and knead the dough. Beat the eggs and mix with the dough. Add remaining milk, stir and add grated carrots. Let the dough rest for half an hour. Fry 4 pancakes in a frying pan.

Filling

- 50 g carrots peel, cut into Julienne
- 25 g paprika clean, cut into Julienne
- 25 g leek chop finely
- 40 g cheese grate
- 40 g cream cheese
- 4 green lettuce leaves



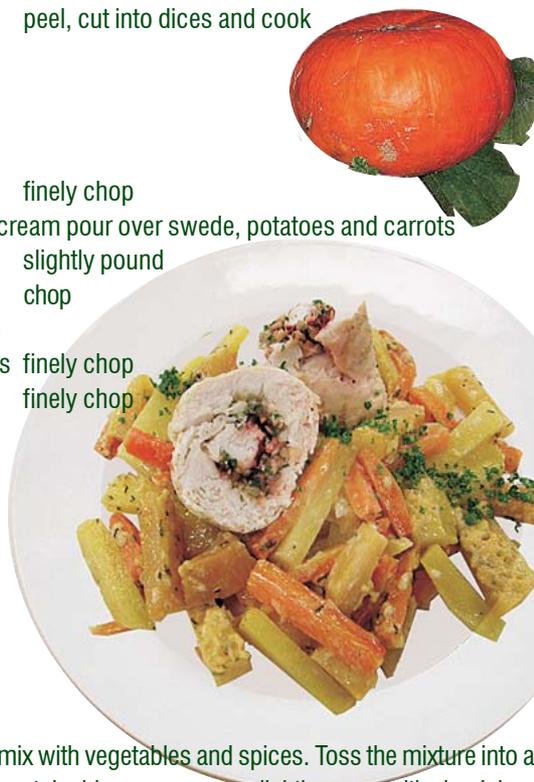
Mix grated carrots, paprika, leek, cheese and cream cheese. Season. Place a salad leave on a big pancake, then spread filling and turn everything into a wrap. You can serve wraps either cold or warm.



ESTONIA

Baked vegetables with chicken rolls

600 g	swede	peel, cut into dices and cook
400 g	potatoes	peel, cut into dices and cook
250 g	carrots	peel, cut into dices and cook
25 g	honey	
	salt	
	black pepper	
	thyme	
1	clove garlic	finely chop
300 g	sweet double cream	pour over swede, potatoes and carrots
500 g	chicken fillet	slightly pound
5 g	parsley	finely chop
40 g	cream cheese	
25 g	pumpkin seeds	finely chop
30 g	dried cherries	finely chop
	salt	
	black pepper	



Baked vegetables:

Chop garlic finely and mix with vegetables and spices. Toss the mixture into a baking tin, pour over sweet double cream, press slightly, cover with aluminium foil and bake at 175°C for approximately 1 hour and 20 minutes. Then remove the foil and let it stay in the oven for about 10 minutes (until brown).

Chicken rolls:

Slightly pound the pieces of chicken and then smudge some cream cheese on top. Toss parsley, cherries and pumpkin seeds on top of the cream cheese. Season chicken with salt and pepper, then turn into rolls. Fix the rolls with a steel needle to hold shape.

Roast the rolls in a grill pan. After roasting the chicken rolls, put them into a baking tin. Bake covered in aluminium foil at 150°C, approximately 30 minutes.

ESTONIA

Chicken-vegetable-wok

2 tsp	oil	
200 g	celery	clean and chop
2	onions	clean and chop
2	carrots	clean and slice
500 ml	chicken bouillon	
4	chicken fillets	cut into slices
120 g	leek	wash carefully, chop
80 g	parsnip	clean and slice
1	paprika	clean and slice
1 dl	soya sauce	
1 tsp	sugar	
1 tsp	grated ginger	
3	garlic cloves	clean and chop
80 g	spinach	wash, drain, chop into bigger pieces
	black pepper	
	salt	



Heat the oil in a wok pan and cook the celery, carrots, onions, parsnip and garlic for two minutes. Add bouillon and stew until carrots and parsnips are half done. Add chopped and fried chicken fillet, leek and paprika. Heat the mix for a few minutes. Season with black pepper, soya sauce, sugar, ginger, and salt. Add chopped spinach and leave on the stove for about a minute.

ESTONIA

Mushroom Orsotto - *vegan*

300 g	pearl barley	soak in cold water 2-4 hours
500 ml	vegetable stock	
140 g	champignons	cut in strips
60 g	onion bulb	dice
4 tsp	oil	
200 g	zucchini	slice
160 g	sweet peppers	
	of different colour	cut in strips
2 tsp	parsley	chop
1/2 tsp	rosemary	chop
	salt	
	black pepper	

Put soaked barley grains into the vegetable stock and boil. Heat onions, sweet peppers and mushrooms in a sausepan. Add salt and pepper. When the barley grains are almost ready, add heated vegetables and stew until ready. Then add the zucchini. Season to taste with salt, pepper and rosemary. Sprinkle with chopped parsley and serve.





IMPRINT

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